

Today and Thursday—Fair and mild

Sun rises Thursday 7:12. Sets 6:21. Light vehicles by 6:41.

Edmonton Temperatures—Tuesday, Maximum, 27 above; Wednesday, Minimum, 12 above.

SIXTY-FIRST YEAR, VOL. 61, NO. 54

EDMONTON, ALBERTA—WEDNESDAY, MARCH 5, 1941

WEDNESDAY

WINNIEP CLOSING—May, 77½; July, 78½.

CHICAGO CLOSING—May, 82½; July, 83½.

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Edmonton Bulletin

AN INDEPENDENT NEWSPAPER IN PUBLIC SERVICE

SIXTY-FIRST YEAR, VOL. 61, NO. 54

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Original Alice Brooks Design



Household by Alice Brooks

Dummy Slippers
These
Three
Size

PATTERN 684
Crochet these cute dummy slippers for the tot is the family-direction for three sizes are given. You'll have them in no time. And what five bazaar donations they make!

Pattern 684 contains instructions for making slippers in 2, 4 and 6 year size illustrations of them and stitches; material: 1/2 lb. of No. 10 worsted yarn. To order this pattern send 20 cents in coin to Household Arts Dept., The Edmonton Bulletin, 60 Front Street West, Toronto, Ont. Be sure to write plainly your name, address and pattern number.

Please allow a week or ten days for delivery.

Abundant Food Value Assured in Egg Dishes

Bulletin Patterns

Trim Becoming Jacket-Outline



By MRS. GAYNOR MADDOX
Eggs have 100 per cent food value. They are an excellent source of essential protein. Therefore they are a "must" for mealtime meals.

Here are three main diet egg recipes. Have a butter or yellow vegetable on the same menu. Add greens salad, bread and butter, and a simple dessert.

HEADBUNDS
CHEESE SUFFLE
(Serves 4 to 6)

One cup hot milk, 1 cup bread crumbs, 1/2 cup grated cheese, 2 eggs, salt, pepper.

Beat eggs and milk over bread crumbs and add grated cheese. Beat eggs and milk over bread crumbs and add grated cheese. Beat eggs and milk over bread crumbs and add grated cheese.



POTATO OMELET
(Serves 4 to 6)

Two cups mashed potatoes, 1 tablespoon melted butter, 4 cups milk, 3 eggs, salt, pepper, 1 teaspoon grated onion, 1 tablespoon chopped parsley.

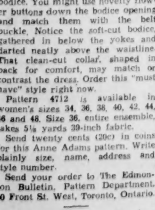
Beat eggs and milk to mashed potatoes. Beat eggs and milk to mashed potatoes. Beat eggs and milk to mashed potatoes.



CURRIED EGGS
(Serves 4 to 6)

Four tablespoons butter, 1 tablespoon chopped onion, 1/2 cup flour, 1/2 cup curry powder, 3 tablespoons (flour), 2 cups milk, salt, pepper, 4 eggs.

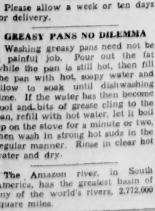
Beat eggs and milk to mashed potatoes. Beat eggs and milk to mashed potatoes. Beat eggs and milk to mashed potatoes.



Tomorrow's Menu
BREAKFAST: Mince juice, rolled oats, cinnamon toast, coffee, milk.

LUNCHEON: Tomato juice, potato omelet, rolls, fresh fruit, coffee.

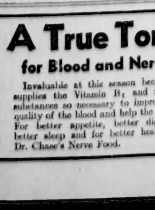
DINNER: Beef heart as usual, mince cabbage, lemon sauce, custard sauce, coffee, milk.



What To Do
The Ladies Aid society is giving a bazaar party at the church next month and my table is July. Can you give me a table for the bazaar?

MR. G. D. D.
Answer—since the table is the bazaar and the water lily flowers for July, why not buy the table cloth for the bazaar? The table cloth will be a bowl of red roses, or if they are not available, you could buy or make artificial ones and float them on an artificial lake of mirrors or silver paper.

This would make a stunning centerpiece and one that was thoroughly summer.



A True Tonic for Blood and Nerves
Available at this season because it contains the Vitamin B1 and mineral supplies the blood and improves the quality of the blood and helps the nerves.

The better supplied the better the blood and the better the health of the body.

Dr. Chase's Nerve Food.

Your Baby And Mine

By MYRTLE MEYER ELDRED

The young mother would do well to get into the practice of weighing her baby at least once a week. The weight of a baby and the way it is fed are important clues to an understanding of his behavior.

It is possible to rent a good scales for a few months, if one does not wish to purchase the balance type which is accurate in weighing ounces. If mother has a platform scale on which she weighs herself, it can be utilized by putting the baby in his tub or basket and weighing him at that. Having all other methods, the mother may take him to a neighborhood store each week and get the proprietor to let her weigh the baby on his balance scales.

If he weighs the same clothes each week, the gain can be determined with some degree of accuracy.

Until one has some idea of the baby's weekly changes in weight during the first six months and the monthly gains during the second six months, it is almost impossible to determine whether he is cross because of a diet which is too weak or too generous.

Mrs. C.F.O. says her 5-month-old baby has a formula of 16 ounces of fresh milk, eight ounces of water and 4 tablespoons of syrup. She is very fussy, but the only things she will take willingly are tomato juice and her bottle. She used to take orange juice but since 1 year ago and liver oil (if she won't take that).

"She is used to being rocked to sleep and when we put her in bed alone she screams until we take her. What would you suggest?"

"First to have her weighed and note whether she weighs about 14 to 16 pounds when her birth weight was 5.5. She should. Her present formula is pitifully weak and I feel sure that if the answer to her fussiness, perhaps she does like to be rocked, but you have always done so, but she'll be a much happier baby-day and night—when she has food to fulfill her needs."

If she weighs anywhere near her birth weight, she is doing well.

Your Figure, Madame!

By IDA JEAN KAIN

Perhaps the main reason the beauty secrets of actresses hold such fascination for us is we're always hopeful they have stumbled upon some mysterious trick which works magic. It just doesn't.

But when we get down to cases, we find that the women celebrated for their beauty all work at it. Among other features—like a smiling smile, probably started out.

"But after you accept the idea that you are no longer a girl, and that you are keeping the power of being one or trying to look like one, you realize that knowing the secret that was talking about when he said: 'Come, grow old along with me, but grow together. Better years of my days, are a great emancipation.'"

Then there's Gladys Swarthout, whose hair is her crowning glory. She owns a dozen toothbrushes and she brushes her hair after each meal, and before retiring. At any rate, you keep them longer.

CROWNING GLORY
Then there's Gladys Swarthout, whose hair is her crowning glory. She owns a dozen toothbrushes and she brushes her hair after each meal, and before retiring. At any rate, you keep them longer.

Dorothy Dix Says:

By DOROTHY THOMAS WALLACE

A chirpy old lady in her late sixties was discussing a group of middle-aged in the other day about the consolations of age. "Don't let getting old on hard," she said. "I've found when you get old and find that finding your first gray hair has a great deal to do with it, really get over, and that when other women begin feeling down the stairs and giving out the chair out of the draft you feel the committing maxim upon you."

"But after you accept the idea that you are no longer a girl, and that you are keeping the power of being one or trying to look like one, you realize that knowing the secret that was talking about when he said: 'Come, grow old along with me, but grow together. Better years of my days, are a great emancipation.'"

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Points For Parents

By EDITH THOMAS WALLACE

This
Not This

Mother: Here's your box of books and toys that we've found for you. Let's see what you like. Happy days! Later, when Dad has his nap, we'll put some more in it.

Happy days! Just what happen. They are the result of thought and planning.

McCoy Health Service

Cataract is a term used to describe a partial or complete loss of transparency or clearness of the lens of the eye, and may be progressive or non-progressive in character, depending upon the individual case.

Cataracts may run from a variety of causes such as injury to the eye, old age, poor diet, electric burns about the face and eyes, and also the use of certain drugs. They frequently run in families, and many of the blind are suffering from cataracts, and many of the blind are suffering from cataracts, and many of the blind are suffering from cataracts.

Questions and Answers

Question: Mr. F. G. writes: I suffer from cataracts in both eyes. What kind of a diet is this?

Answer: Bell's opacities are another name for cataracts of the lens, and it may be caused by several factors, quite commonly called a hardening of the lens, or it may be a local condition affecting the lens and muscles of the eye.

TO CLEAN MARBLE

To clean marble, add a little ammonia to clean warm water. Wash the surface with a soft cloth dipped in the solution and allow to dry. Polish with a clean soft cloth.

BE AN APPLE EATER

Farmers in the United States export between four and five billion dollars worth of apples annually on new buildings and improvements.

Splendid Cough Remedy Easily Mixed at Home

It's So Easy! Makes A Big Saving. No Cooking.

"To get quick relief from a distressing cough, mix your own remedy at home. One trial, you'll say 'I love this cough remedy, and the sweetest and best'."

Minute Make-Ups

"Gray Goose" is the name of the soft, new shades of gray featured by Fashion. It is smooth and flattering next to a woman's complexion. The make-up to wear with "Gray Goose" is like a perfect suit. It can be worn on any occasion.

A Timely Warning

Spring is coming and a great many people are planning to build houses, and many more are planning to make alterations. Make sure that you get a goodly share of this business by telling them about your materials and services in time.

Building Contractors . . . Painters and Decorators . . . Lumber Retailers

And All Others Connected with the Building Trades

Bulletin Want Ads

Telephone 26121 and Ask for Want Ads

The exquisite complexion of actress beauty Anna Neagle, left, is the result of drinking a quart of milk daily, keeping the skin immaculate, and using plenty of lubricating cream. Among her other attributes: Lively French, stage favorite, rich, has beautiful teeth. Brush teeth after each meal and before retiring, she advises.

not seem possible anything as magical as beauty could evolve from the practical assumption that good looks take a little work.

With a perfect art of dentistry, she doesn't leave anything to chance. She owns a dozen toothbrushes and she brushes her hair after each meal, and before retiring. At any rate, you keep them longer.

CROWNING GLORY
Then there's Gladys Swarthout, whose hair is her crowning glory. She owns a dozen toothbrushes and she brushes her hair after each meal, and before retiring. At any rate, you keep them longer.

Modern Puzzles

By GERALD L. KAUFMAN

ANIMALPHABET

The object of this puzzle is to fill in the blank spaces to spell the names of beasts of the forest, by using each of the letters below. There are 19 different letters in all, but there have been put into their correct places. Furthermore, the four names are in alphabetical order. So if you start with the last one (a five-letter animal with B in the middle) you'll find you're able to guess it pretty quickly.

Here is the complete ANIMALPHABET of 19 letters:

1. A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

2. A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

3. A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

4. A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

5. A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NOTED AUTHORESS

Answer to Previous Puzzle

20 Her books have been the test of time.

21 Small hotel.

22 Wage.

23 Excitement.

24 Honorary.

25 Talk of work.

26 Activity.

27 Penny.

28 One that is a good deal of trouble.

29 Inhabitant of the sea.

30 Favorable.

31 Left-hand.

32 A body of water.

33 Concited.

34 Person.

35 A young horse.

36 A small horse.

37 A small horse.

38 A small horse.

39 A small horse.

40 A small horse.

What To Do

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This would make a stunning centerpiece and one that was thoroughly summer.

GREASY PANS NO DILEMMA

Washing greasy pans need not be a painful job. Pour out the fat while the pan is still hot, and fill with hot, soapy water and allow to soak until dissolving. Then wash with a soft cloth and dry.

CONSTIPATION ILLS

Can ROB
YOU OF YOUR YOUTH

Largely lives are often pulled in by the force of constipation. Unless the bile flow is sufficient to keep the bowels moving, the system is liable to become sluggish and the body is liable to become unhealthy.

Short-Cut Way to Learn Music

A happy accomplishment is to play the piano, to entertain with the latest hit. As for that special kind of music that is the heart of the heart.

YOU OF YOUR YOUTH

Largely lives are often pulled in by the force of constipation. Unless the bile flow is sufficient to keep the bowels moving, the system is liable to become sluggish and the body is liable to become unhealthy.

